

Subject: Chat with Karen Lancaster

From: Karen Lancaster <lancaster.karen@gmail.com>

To: barriticus@gmail.com

Karen: How are you today and do you want to make an appt with Patel for prescriptions to get you through next few weeks?

me: nah

me: won't need them

me: I'm better

me: got good sleep

me: withdrawals only last a week or so

me: not getting on another drug

me: ever

Karen: OK, will have your clothes ready to return this afternoon. What else on grocery list besides ice cream and basics -- meat loaf? grilled chicken breasts? tuna?

me: sounds good

me: thanks

Karen: are you home today or at office?

me: home so far

me: doing yoga

Karen: !!!!! Good.

Karen: Will call you after lunch when I get to the grocery store, will have your clothes in my trunk too.

me: k thanks